

Johnson Chiropractic Clinic

Team Johnson (from L-R) **Kim Hutt** (Laser Tech), **Dr. Kelly Johnson DC** & **Sarah Dunlop** (Office Manager)



Johnson Press

2020



1st - Sarah's Birthday!



14th - Lynn's Birthday!



14th - Valentine's Day!



17th - Family Day!
Office Closed

~enjoy your loved ones ☺



Movie Night!!

16th at 1pm

Or

18th at 7 pm

"A Mindful Choice"



MAPLE ROASTED VEGETABLES



Ingredients:

- ¼ cup canola oil
- ¼ cup maple syrup
- 1 each red and green peppers, cut into large cubes
- ½ head cauliflower, slice 1 ½" florets
- 1 sweet potato, cut into 1 ½" cubes
- 1 acorn squash, peeled and cut into 1 ½ " cubes
- 4 parsnips, peeled and cut lengthwise
- 4 carrots, peeled and cut lengthwise
- 1 head of garlic, peeled and separated into cloves
- 1 large red onion, cut into eighths
- 1 tsp pepper
- 1 tbsp dried basil

Directions:

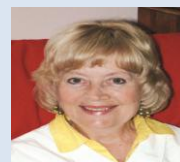
1. Preheat oven to 425 F.
2. In a large bowl, mix together canola oil, maple syrup, peppers, cauliflower, sweet potatoes, squash, parsnips, carrots, garlic, red onion, pepper and basil. Place mixture on a baking pan lined with parchment paper.
3. Bake for 40-45 minutes, stirring occasionally until vegetables are tender.

(www.heartandstroke.ca)

Battlefield

Acupuncture

Lynn Dowdall, R.Ac CLA
CH



Acupuncture is an ancient Chinese medical treatment that involves inserting thin needles into specific points on your body. This is to reroute energies and restore balance in your body.

In 2001, Dr. Richard Niemtzow M.D. developed a new acupuncture protocol for the military called "Battlefield Acupuncture". As the name implies, it was initially used to treat soldiers deployed to Iraq and Afghanistan; wounded troops in combat and at military hospitals. BFA treats soldiers for rapid relief of acute pain and veterans with chronic pain.

[~Click here for more~](#)



Creating a happier, healthier world ~ starting with you!



Dr. Kelly's Corner



Love & Forgiveness

Love and forgiveness are two core teachings of personal development and recovery from addiction. Love is experiencing a sense of compassion and affection and sharing this tenderness with yourself, someone, or something else. Love is what binds all things in the universe. Love is why we are here. Love is where we are going and love is how we get there. Love is what everyone wants. Love is what everyone seeks. Love is within each person and activates the creation of life. Love is who we are. Love is the natural way. Love is a choice you make in every moment. The amount of love you allow for yourself is the amount of love you are able to give and receive. The more you learn to love yourself and your life, the more love, energy, and momentum you will feel come your way.

[~~Click here for more~~](#)

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February's Give-Away!

Win a ½ hour N.E.T. (Neuro Emotional Technique) session with Dr. Kelly! N.E.T. helps you process and release stress-related issues from the past that are causing your mind or body distress.

How to win: write one paragraph on why you would benefit from N.E.T to have your name entered into draw!

VALUED AT \$110.00

For more info visit:
www.netmindbody.com

10% off until Feb. 29th

NET Remedies #5



FIRE

~Can help with many heart, vascular and circulation conditions ~

Our mission is to minimize the dis-ease of the nervous system caused by trauma, toxins and thoughts and to maximize well-being.

~Movie Night~



A Mindful Choice is a stunning documentary that shows the powerful, positive impact the practice of Ascension has on people's lives. Beautifully filmed, *A Mindful Choice* weaves together stories of individuals, groups and communities from many different parts of the world, and incredibly varied backgrounds, which have changed for the better due to the impact of this amazing teaching.

**WHEN: Sun Feb. 16th @ 1pm
or
Tues Feb 18th @ 7pm**

WHERE: JCC

Call (613) 264-2402 or email
chirokelly@johnsonchiropractic.ca

Please RSVP



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